

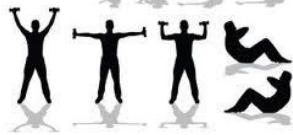
Jim Dailey's Aerobic Class Descriptions



Beginner Body Sculpt- It's time to take it slow and build that foundation. This class will focus on breaking down each major muscle group one at a time with simple but effective exercises!



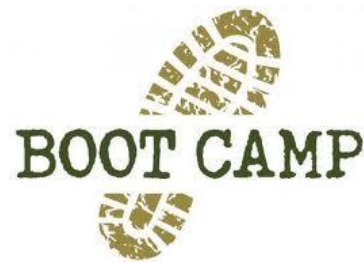
Body Clinic- Hit every muscle group as you burn calories zipping through exercises of all kinds in this one of a kind workout!



Body Conditioning- A total body, just for you, class that will ensure you get a great workout. This class provides exercises for the entire body utilizing any array of dumbbells, steps, and so much more.

Body Sculpt- Upper, lower, core! No matter what your speed is, this class has it all to shock that body in great shape and have fun doing.

Boot Camp- Are you ready for some hard work! This intermediate/advanced class brings challenging sections of cardiovascular, muscular, and agility drills in station format to ensure a complete total body workout experience!



Cardio Sculpt- Lets add some cardio to your typical Body Sculpting routine to see the results you want in this calorie burning frenzy!

CIZE Live- IT'S DANCE. IT'S SWEAT. IT'S THE FUTURE OF EXERCISE!

Extreme Turbo- Time to step it up in this advanced variation of Turbo Kick with high flying plyos and body torturing moves for your leanest body toning workout yet.

PIYO – The muscle-sculpting benefits of Pilates with the core strengthening and stretching benefits of Yoga.

Seniorcise Aerobics- Let's stay active and young at heart with some fun light-footed moves ensured to give you a great cardio experience while loving to do it! All moves are designed to be low impact and easy to follow

Seniorcise Weights- We want you to move from your chair to our chairs for a perfect blend of joint and bone healthy and safe exercises enjoying good company around you at the same time!



Seniorcise Stretch/Tone- A perfect addition to the Seniorcise program to work on that flexibility we all truly need through light stretching and active movement!

Seniorcise Yoga- Thought Yoga may be too intense. Try Seniorcise Yoga for the perfect accomadation for your life style change!

Step Aerobics- Utilizing an adjustable step, these classes bring your cardiovascular workout up to new levels using a fun and unique multitude of step variations!

Total Fit/Total Body Blitz- These classes will mix in a little bit of everything for a fast paced, high intense class. Whether you're on the step, pumping some weights, or working that cardio or kickboxing, you are for sure to get a great workout!



Turbo Kick- Try these fast paced cardio kickboxing and body-sculpting dance moves choreographed to the latest music mixes and have a blast doing it for a great full body workout!

Yoga- Come and feel this rejuvenating experience provided with traditional Hatha Yoga. Sequenced through calm warm-ups to challenging cool downs providing excellent flexibility and toning benefits!

Zumba- A Latin inspired, dance fitness class that incorporates Latin and international music and dance movements to create a dynamic and exhilarating workout with a blended balance of cardio and muscle-toning benefits.

